



Make more
than a list.
Make a life
change.

Getting help can make the difference between **saying** you're going to quit smoking and actually **doing** it.

The Indiana Tobacco Quitline offers knowledge, tools and personal coaching tailored to your specific needs. **It's free, it's confidential and it works.**

Make 2009 your best year ever.
Call one of our expert Quit Coaches.

INDIANA TOBACCO QUITLINE

1-800-QUIT-NOW

WE'LL SHOW YOU HOW

1.800.QUIT.NOW (1.800.784.8669)
www.indianatobaccoquitline.net